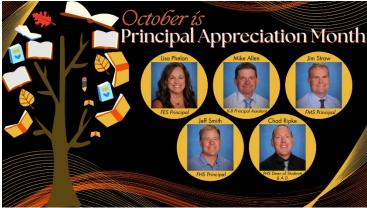
# Freeman Middle Scoop – 10-24-25

FMS Office Hours are 7:45 am to 3:45 pm. Doors are open to students at 8 am.

Email: FMSoffice@freemansd.org Office phone (509)291-7301 Attendance line (509)291-7425



We're now over halfway through our first semester, and our staff truly enjoyed connecting with families during parent-teacher conferences this week. Thank you for taking the time to partner with us in supporting your student's growth.

If you ever have questions or concerns, please reach out—starting with the person most closely connected to the situation. Open communication helps us work together effectively.

Please watch your mail for your student's Washington State Smarter Balanced Summative Assessment Results and Quarterly Attendance Summary, which were sent out today, Friday, October 24th.

Students are already looking forward to our **Halloween Dance next Friday**, which will take place during the school day.

We also invite you to join us for our **Annual Veterans' Day Assembly** on **Monday, November 10th at 9:30 a.m.** in the Freeman High School gym. It's always a meaningful opportunity for our students and community to honor those who have served.

Have a great weekend!

- Mr. Straw

## Staying Connected with Freeman Middle School Staff

- We value our partnership! Please remember that staff have up to **48 hours** to return messages as they focus on classroom instruction during the day.
- For urgent matters or to schedule a meeting with a staff member, please call the office directly at (509) 291-7301 so we can relay the message promptly.
- Staff email addresses are available on our website: www.freemansd.org

## This Week's Daily Announcements

Here are some of the reminders and highlights your students heard at Freeman Middle School this week:

## Halfway Through the First Semester!

• Wednesday marked the 44th day of school. We're already halfway through the semester!

• Students are encouraged to reflect on their progress, celebrate what's going well, and make plans to finish strong.

## No School - Parent-Teacher Conferences

- Thursday & Friday, October 23–24: No school for Parent-Teacher Conferences.
- Grade checks for the first nine weeks will be sent home Thursday.
- Families are invited to attend the FSD Curriculum Review Night on Thursday, 4:30–6:30 p.m.

## **Halloween Dance – Friday, October 31**

- Students will attend regular classes before lunch, followed by the dance from 1:00–2:45 p.m. in the gym.
- Costumes are welcome but must be school-appropriate:
  - o No gore, weapons, or weapon-like props.
  - o Masks are only allowed during transitions or social times (not in class).
  - o Costumes must allow for safe movement and visibility.
- A huge thank you to our PTSG for helping sponsor this fun event!

## **Clubs & Activities**

- Let's Lego Club: Tuesdays during lunch in the Counseling Center.
- Math Is Cool Practice: Wednesdays for 6th graders.
- Volleyball Manager Opportunities: Interested students can pick up a form in the middle school office.

#### **Recent Events**

- Students participated in an Earthquake Drill on Monday morning.
- The Outstanding You Store returned Tuesday during Scottie Break.
- The FSD School Board Meeting was held Wednesday evening.

#### **Go Scotties!**

• Thank you to all students and families for your ongoing engagement and support as we move into the second half of the semester!

## **SPORTS**

**Volleyball and Wrestling** – First day of Practice was October 16<sup>th</sup>. Students must have all paperwork completed in Final Forms and a current sports physical on file to attend practice.

• Picture Day will be on October 27<sup>th</sup> at 3 pm in the FES gym.

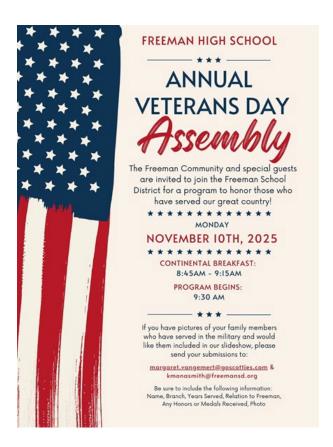
# FINAL FORMS ATHLETE REGISTRATION: <a href="https://freeman-wa.finalforms.com/">https://freeman-wa.finalforms.com/</a>

Click Freeman Middle School Athletics for the finalized sports schedules.

Volleyball and Wrestling are still "Draft" Click here for the **DRAFT sports schedule.** 

**REMINDER:** If your student is planning to stay and watch any of the MS home games/meets, they will be meeting in the MS Commons at 2:55 for a study hall. They will be released at 3:35 pm to go directly to the game. If they stay for after school activities, the closed campus policy is still in effect. They will have school discipline if they go to the Freeman Store.

The latest edition of the Freeman Focus Newsletter is here! Catch up on all the amazing things happening across the Freeman School District – from outstanding state test results and student achievements to new programs like Freeman ConnectEd and exciting updates on our 100% grant-funded solar project! Plus, don't miss highlights from fall sports, clubs, field trips and the Scottie Dash fundraiser. There's so much to celebrate as we enter the 2nd quarter of the 2025-26 school year! Read the full edition <a href="here">here</a>.



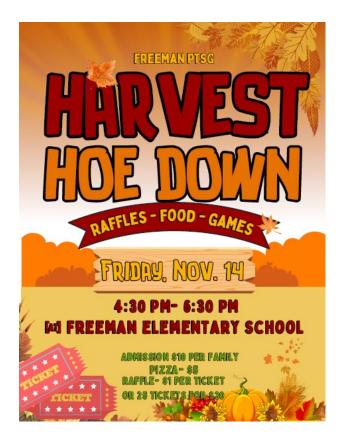


Managing Stress and Anxiety

Middle school can be a stressful time, with more homework, social pressure, and new challenges. Learning how to manage stress now will help you for the rest of your life. Simple things like breathing exercises or taking a walk can make a huge difference.

Try This: Introduce a simple stress-reducing activity like square breathing (inhale for 4, hold for 4, exhale for 4, hold for 4). Practice it together when things are calm. Contact School

Counselor Kayleen Archibald - karchibald@freemansd.org



The Middle School would like to put together a basket for the raffle. If you have any items for the basket, please drop them off at the MS office by Friday, November 7<sup>th</sup>.



## **CALENDAR/SAVE THE DATES:**

**October 29** – LATE START for Students

**November 10** – FSD Veterans Assembly

**November 11** – No School – Veterans Day

November 14 – PTSG Harvest Hoedown

November 19 - FSD School Board Meeting – PRTC @ 6 pm

## **Important Fliers and links**

Office Reminders: Attendance; Bus Rider Changes

FMS 25-26 Bell Schedule

FMS 25-26 Parent/Student Handbook

Breakfast and Lunch Menus

Shop your Scotties Sideline Store

SMS Text Opt-In

Qustodio parental App

2025-2026 School Calendar

Freeman Elementary Scottie Scoop

Freeman High School Friday Flyer

Freeman School District does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression or identity, disability, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups. The following employee has been designated to handle questions and complaints of alleged discrimination: Civil Rights, Title IX, and Section 504 Compliance Coordinator: Randy Russell, rrussell@freemansd.org, 509-291-3695, 15001 S Jackson Rd. Rockford, WA 99030